

Launceston Road Runners

Affiliated to England Athletics and C.C.A.A.



Newsletter Coordinator: Peter Mander

Greystones, Leat Road,

Lifton, Cornwall PL16 0AE

Tel: 01566 780499

peterandjulia@btinternet.com

www.treggy7.co.uk

www.launcestonroadrunners.co.uk

NEWSLETTER NO.114

MAY 2011

BIRTHDAYS

A "Happy Birthday" in May to Mike Carpenter, John Osborne and Rich Yates.

CONGRATULATIONS

To Steve Babb on breaking the Club Record for the Marathon Men 45/49.

To Julie Towers on breaking the Club Record for the Marathon Ladies 45/49.

To Dan Rogers on winning the Whitemoor 10K

SOCIAL

Helen Mason is trying to arrange a bit of climbing at the Indoor Climbing Centre at Milton Abbot. Watch the website and notice boards for more details.

CLOTHING

We have plain blue technical T-shirts for sale at only £9, or, if you buy a club vest/T-shirt, you can have one for just £5!

FORTHCOMING LRR EVENTS

Steven Hutchinson will again be organising the Bude Lifeboat Run - on Wednesday 15th June

Kevin Marshall has taken over as race directors for the Treggy 7 on Sunday 4th September

Please get in touch with them to offer **your** help.

CORNISH GRAND PRIX 2011

The next race in the series is the Trevornick Trot 10M MT on 8th May. This will be followed by the Cubert 5M 7th June and Sticker 5M 18th June. Note that the Launceston 10M on 3rd July has a strict race limit of 300 runners so if you intend doing this race **do not delay your entry**.

FOSTERS FIVES 2011

The next races in the series are the Ivybridge 10K on 14th May and the Bideford 10K on 15th May. These are followed by the Cubert 5M on 7th June.

TUESDAY NIGHT TRAINING RUNS AT LAUNCESTON

Meet at the Phoenix Leisure Centre **at 6.45pm (repeat 6.45pm)** for a 7pm start. Please note that we have free use of the main foyer and of the changing facilities. **If you wish to use the gym, showers or swimming pool you must pay the appropriate fee.**

WEDNESDAY NIGHT TRAINING RUNS AT BUDE

Meet at Budehaven Leisure Centre **at 7pm** for a 7.15pm start.

THURSDAY NIGHT TRAINING SESSIONS

Meet at Phoenix Leisure Centre car park **at 7pm.**

All members welcome but please note that in the absence of any qualified coaches at the moment these are unofficial training sessions and you attend entirely at your own risk!

5 th May	-	600 metre reps
12 th May	-	Long hill reps
19 th May	-	400 metre pyramids
26 th May	-	Short hill reps
2 nd June	-	200m reverse pyramids
9 th June	-	20-30min continuous hills

Training sessions (contd)

16th June - 300m reps
23rd June - Half mile reps
30th June - 20 sec hill pyramids
7th July - 8-4-8 reps

If you have any queries, please contact Kevin Marshall on kmarshall0506@aol.com

Please also see the club website for other coaching information.

RESULTS

20th March - Plymouth Mad March Hare 10K FF

Dan Rogers 36.04 (89.23), Alan Littljohns 50.08 (84.19), Mike Carpenter 51.00 (77.71),
Philippa Baker 56.56 (79.01), Jackie Chapman 1.00.39 (68.52)

Dan was 3rd overall and a PBO. Alan 3rd Man 60/+, Philippa 2nd Lady 55/59

27th March - Cornwall Fire and Rescue 1/2M MT

Mark Heard 1.25.52. Helen Howgill 1.55.03, Rachel Lovejoy 1.20.54, Dave Pickard 2.23.10 (Mark won the race)

27th March - Chagford Challenge 30M XC Jenny Mills jogged around in around 7 hours 30 mins

3rd April - Giant's Daughter, Dorset 31M XC Another jaunt for Jenny Mills in around 6 hrs 30 mins

3rd April - Taunton Marathon

Gary Vernon 3.07.21 (82.73), Tom Glendinning 3.27.39 (73.91)

Gary was 3rd Male 40/44

3rd April - Taunton 1/2M

Alan Littlejohns 1.45.44 (87.21), Martin Venning 1.50.17 (80.47), Sue Burges 1.54.05 (89.29), David Green 2.03.23 (58.72)

A PBO for Sue and a PB for Martin

9th April - Bath Beat 26.5M XC Jenny Mills in around 6 hours.

10th April - Pewsey Downs Around 26.5M XC The following day another challenge event for Jenny Mills in around 5 hours 50 minutes.

10th April - 5 Tors Moorland 11M XC

Muke Whitley 1.46.33, Jo Northey 1.59.22, Jon Spettigue 1.59.23

10th April - Brighton Marathon Davy Green 5.13.00 (50.53)

10th April - Great Welsh Marathon Alan Littlejohns 3.49.58 (87.53) **Alan was 3rd Male 60/64**

10th April - Tavy 1/2M

Helen Howgill 1.49.27 (76.32), Mike Carpenter 1.59.33 (72.43), Patsy Lambrechts 2.08.45 (72.09),
Mick Foster 2.26.51 (63.62), Jackie Chapman 2.27.56 (61.38)

Mick was 3rd Male 65/69

10th April - Enys 10K Peter Mander 59.04 (82.12)

10th April - Paris Marathon Steve Babb 2.50.10 (95.88) **A new CLUB RECORD and PBO for Steve**

17th/18th - Wellington Boot 100K Challenge Jenny Mills battled through the night in 17 hours 47 mins (including of course checkpoints/refreshment stops)

17th April - London Marathon

Kevin Marshall 3.04.08 (90.51), Julie Towers 3.28.07 (96.28), Peter Kirby 3.38.21 (91.01),
Peter McAughey 4.18.34 (65.87), Peter Thorp 4.20.31 (61.39), Kevin Harrison 4.24.25 (58.62),
Martin Venning 4.39.33 (70.19), Lauren Hawken 4.47.40 (62.78), Becky Vernon 4.51.51 (61.88)
David Green 5.05.32 (51.77)

A NEW CLUB RECORD AND PBO FOR JULIE

A PBO for Lavinia. PB's for Peter McAughey, Peter Thorp, Kevin, Martin and Lauren

18th April	-	Boston Marathon	Kevin O'Mahoney	5.18.40 (69.49)
23rd April	-	Haldon Heartbeat 8.3M MT	Peter Mander	1.24.08
24th April	-	Whitemoor 10K		
Dan Rogers 35.46 (89.98), Alan Littlejohns 48.45 (87.72) Dan won the race! A PBO for Dan..				
25th April	-	Yeovil 10K	Jackie Chapman	1.03.44 (65.21)

FORTHCOMING EVENTS

MAY

1 st	Bere Pen 10K	Bere Alston	10K
1 st	Great West Run	Exeter	1/2M
1 st	Saltash 1/2M	Saltash	1/2M
7 th	The Exterminator	Paignton	10K MT
8th	Trevornick 10	Holywell Bay (Newquay)	10M MT CGP
14th	Ivybridge 10K	Ivybridge	10K FF
15th	Bideford 10K	Bideford	10K FF
15 th	Boconnoc 5	Boconnoc Estate	5M MT
29 th	Plymouth 1/2M	Plymouth Hoe	1/2M

JUNE

4 th	Dartmoor Discovery	Princetown	34.1M	`Entry closed – race full.	
4 th	Talatron Trotter	Nr Exeter	6.5M MT		
7th	Cubert	Cubert (Nr. Newquay)	5M	CGP	FF (Tuesday)
9 th	Dawlish Coastal Dash	Dawlish	4M	MT	
11 th	Umborne Ug	East Devon	10K	MT	
12 th	Plym Valley Challenge	Marjons, Plymouth	9M	MT	
12 th	Ruby Run	Holsworthy	1/2M		
15th	Bude Lifeboat Run	Bude Rugby Club	6M	MT	(Wednesday)
15th	Bude Lifeboat Run	Bude Rugby Club	1M	MT	(Juniors under 15)
18th	Sticker	Sticker (Nr.St.Austell)	5M	CGP	FF
19 th	Torbay 1/2M	Torbay	1/2M		
22 nd	Meet Your Max	Truro	10K	MT	CGP
25 th	St. Dominick's Dash	St. Dominick	5M		(Saturday)
25 th	Killerton Kanter	Nr. Exeter	10K	XC	(Saturday)
26 th	Lanhydrock Run	Lanhydrock	10M	MT	
26 th	North Devon Mara & 1/2M	Woolacombe	Marathon and 1/2M		

Foster's Fives events **Cornish Grand Prix events**

XC = Cross Country MT = Multi-terrain

WEBSITE

It is recommended that you consult our website regularly for the latest news. Results etc are put on line as they occur so are much more current than the Newsletter. It also contains details of qualifying requirements for Club Competitions. Links also enable downloading of entry forms for most races.

If you have any queries with the website, please contact Matt Parsons, email treggy7@googlemail.com

TELL US HOW YOU GET ON. If you are running out of the country or at an event not usually found in the regular results recording places, please advise Peter Mander.

JUNE NEWSLETTER

The June newsletter will be published on Thursday 2nd June. Any copy for that newsletter should be with Peter Mander by latest Tuesday 31st May.

If there are any errors or omissions in the Newsletter, or if you have any suggestions for improving it, or items you would like to see included, please contact Peter Mander.